



Maehnowesekiyah

One Day AT A Times



Who Will Help Me?



Ma waw New
Pemo nae naw
"We will all walk together"

A NEW SUPPORT GROUP FOR FAMILIES
WITH LOVED ONES WHO SUFFER FROM
ADDICTION

1st meeting March 15th 6pm
Call 799-3835 for details

MISSION

- Provide culturally specific alcohol, drug, mental health, adolescent, domestic violence treatment, education, & support services for Native Americans & their families.
- Be responsive to community needs by providing a comprehensive continuum of care & other support services
- Promote positive relationships between MWCC, resource providers, & the community.

You don't live in a world all your own. Your brothers are here, too."
A. Schweitzer

The calls come in and go something like this: "my daughter has been drinking for four days straight, I have her kids, can you do something, get her picked up and put in jail?" "My son-in-law is using a lot of cocaine and drinking, he doesn't come home some nights and my daughter is scared he is going to hurt her, can you make him come into treatment?" or "I've called everybody, the cops, the judge, you guys, and nobody wants to help me, who will help me with this problem?"

In past articles the topic of change has been discussed. The reality to the questions above is the daughter will not quit drinking until she chooses to,

and the son-in-law will not stop using cocaine and alcohol until he chooses not to or something very serious or drastic happens in their lives. There is the story of a warrior who was generating feelings of guilt due to abuse of certain chemicals and was confronted by a healer and was told by the healer that the warrior had two dogs inside of him. The healer looked at the warrior and said, "I see on your face and feel in your heart that these two dogs fight each other all time. One dog is good and the other not so good. One dog is recovery the other dog is continued abuse of alcohol and or other drugs. There is a big struggle inside of you, which dog will win?" The warrior replied, "The one I choose to feed."

For this warrior, life can only get better if time is taken to look at the consequences of choice. Every choice made, good, not so good, indifferent has a consequence tied to it. However just because someone else has decided not to change their lives doesn't mean you can't choose to change **YOUR LIFE**.

Steven Dakai, Dr. AD
Treatment Supervisor



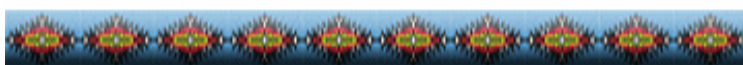
Stephen Mopope

Administration at Maehnowesekiyah

By Amy Hernandez

Administration is excited for our records technician who has welcomed a new baby girl to her family! CONGRATULATIONS Heather!! Most of our Administration attended the Bridges out of Poverty training. Our thoughts on the training: very educational and informative. We celebrated our February birthday with a cake during lunch; a **BIG Happy Birthday** goes out to Mary Kaquatosh, Brenda Johnson, Mary Barney, and Bernadette Bear. At this time we would also like to take this time to recognize those employees who have a anniversary in the month of February, Rhonda Tucker 2 years, Roarah Teller 3 years, and Amy Hernandez 1 year.

At this time I would also like to recognize those employees who had anniversaries in the month of January: Jeffery Langlois 2 years, Rose Tucker-Waupoose at 14 years. Thank you all for your dedication and hard work to Maehnowesekiyah Wellness Center. Keep up the good job.



Ask: Dr. Steve

Question:

"I've heard a lot about self-esteem and recovery, what is that about?"

Answer:

A human beings actions and behaviors in life are always a result of what that human being thinks about themselves and how a human being feels about themselves. To achieve self-esteem, a human being must first learn to like themselves and then finally love themselves. Self-esteem comes from recovery which is a long and winding road in which we live in the suitcases of our minds and we carry that suitcase to every place visited. From recovery comes wellness and through wellness it is possible to downsize or empty out the suitcase, this action will require change. Remember: Only YOU can change, no one else can do it for you!

Co-Residential Program

Hi I am Mary Webster, I started a new position at Maehnowesekiyah Wellness Center as the Cultural Healthy Lifestyle Educator. My job consists of implementing more cultural activities in the Co-ed Residential Program. I am also to assist the clients with independent living skills and to facilitate or coordinate a speaker for groups such as **Storytelling and Cultural Serenity and Cultural Awareness, Health & Welless.**

We also have a Language class. Rose Wayka is the teacher from Menominee Language Culture & Commission. She teaches Menominee language every week with the residents. Some of the staff also enjoy the language class.

The elder speakers are community members and also come from our neighboring communities to share life stories, traditional stories or teachings. I feel, because we are all related in one fashion or form, it is good to acknowledge who we are. To learn what will help us on our life journey or fulfill our purpose in life.

We have had speakers from the Tribal Clinic such as Scott Krueger on nutrition; Patti Burr, Faye Dodge on Diabetes; Melissa White on HIV/ AIDS and STD's; and Nick Vraney on physical fitness. Speakers have come from the Oneida Nation, Stockbridge Nation, and Dakota Nation. Programs such as Housing, the Menominee Nation College, and Historic Preservation have given presentations.

The residents have gone on field-trips such as wild ricing, gathering traditional medicines, and they were invited to longhouse ceremonies in Oneida, and visited other local museums. The residents have volunteered or attended different cultural activities such as the Sturgeon Feast, Lacrosse Game, Community Ghost Supper, and the Lumber Jack Breakfast sponsored by Historic Preservation.

There has been participation in the Round House events, which are sponsored by Menominee Language & Culture Commission and other programs. I will be starting up a group on Wednesday Evenings called A.C.E.S. (**Look for Flyers.**) I would like to say I really enjoy my new position as **Cultural Healthy Lifestyle Educator**. It is fun as it lets my creative side come out. I really enjoy seeing people get in touch with their culture and discover who they really are, while learning how to live a drug and alcohol free **healthy lifestyle.**

D V S h e l t e r

The Pager



Hi,

My name is Stephanie Bowman, I here to give you an update of our community involvement with the Maehnowesekiyah Domestic Violence Program. Recently Rhonda Tucker and I did a presentation with the Menominee High School Health class. The teacher, Mary Arnold, was kind enough to let us talk about "Dating Violence" to her class as a subject of healthy social life. The students did an interactive game with Rhonda and were able to win some healthy treats. The game they played was "Jeopardy," and the entire questions were related with dating violence. The students really did well and were able to answer every question correctly. Our next presentation will be this month with Menominee Tribal School 6th and 8th grade. Our subject will be "Bullying." Hope to see you there!!

Are you or your family a victim of Domestic Violence?

We Want To Help !!!

Maehnowesekiyah Wellness Center

Domestic Violence Program

We provide Services for those who are affected by Domestic Violence

We offer:

Safe Shelter in our community

Domestic Violence Counseling

Assistance with obtaining a restraining order for domestic violence victims

Referrals

Support and Support Groups for Adults and Children

Crisis Response 24-hours/7days a week emergency call. Please call 911 or 799-3881.

Crisis counseling 24-hours/7 days a week

Please call 799-3931

For ADDITIONAL INFORMATION CALL US AT

799-3931

ALL CALLS ARE CONFIDENTIAL

RHONDA TUCKER-DV ADVOCATE

STEPHANIE BOWMAN-DV COUNSELOR

ERIN SCHULTZ- DV PROGRAM ASST. MANAGER

CAROL WAUTLET-DV PROGRAM MANAGER

March

NEWS FROM PREVENTION DEPT

2007

"MENOMINEE IDOL" TO FEATURE LOCAL TALENT

Local talent will take the stage at the 2nd annual Menominee Idol Talent Show. This Drug and Alcohol free community event will feature the musical and judging talent of Menominee Celebrities. The event will take place at the Menominee Indian High School Theatre. Admission to the event is a non perishable food item or an unused household item that will be donated to the MENOMINEE HOMELESS SHELTER. Watch for details!!!

T.R.A.I.L.S

We want to send a "great Job" out to our T.R.A.I.L.S groups at the MTS and KPS for their excellent participation in the recent TRAILS events, The youth did an excellent job at the recent ROUNDHOUSE series and with the activities at the Tribal School. TRAILS will run every other week after school until May 2007.

21 CLUB

A new after school club for our youth that have made the choice to abstain from alcohol until age 21. The group meets every other Wednesday at the Neopit Middle School. Some of the recent activities were Recruitment flyers, AODA Surveys and Origami Balls. We look forward to our next fun event-The Amazing Snowshoe Race.

"DON'T LET IT BE YOUR SCENE"

"DON'T LET IT BE YOUR SCENE"-Is the theme of the ALCOHOL RELATED CAR CRASH that is being planned by a huge Community Collaboration. MISD, Maehnowesekiyah and other Youth Service Providers, and several area Emergency Services personnel will make a profound and dramatic statement to our community youth about the dangers of drinking and driving. STAY TUNED for further information.

SCHOOL BASED PREVENTION SPOTLIGHT

Protecting You/Protecting Me and Project Alert classes are well underway at the Keshena Primary School and the Neopit Middle School. We would to thank Community Guest Speakers ROBERT "BUTCH" SUMMERS, GENE CALDWELL AND MERCEDES SWIMMER for coming in to speak to our youth about the effects of alcohol and drugs on our community. WAEWAENEN



Alcohol Awareness Month Fast Approaches!!

"Alcohol Awareness Month, sponsored by the National Council on Alcoholism and Drug Dependence since 1987, encourages local communities to focus on alcoholism and alcohol-related issues."

Maehnowesekiyah Wellness Center will again participate in this national awareness event by sponsoring events throughout the month of April. NATIONAL ALCOHOL SCREENING DAY is April 5th 2007. Maehnowesekiyah staff will be out in the community conducting free alcohol screenings.

The 2ND ANNUAL MENOMONEE IDOL being held at the Menominee Indian High School theatre. This event will be a drug and alcohol free event that focuses on family and fun.

If you are interested in participating in any of these events or want to learn more about alcohol related issues, please contact our center.



Youth Wellness

The Youth Wellness Group is up and running. We began Youth Group in the High School to better assist the students with completing their AODA recommendations. The group consists of referred students and the topics of discussion and education include: effects of alcohol and other drugs, self-esteem, anger management, cultural activities, family dynamics, and peer interactions. The group is communicating well and creating a bond. The group shares funny stories and three positive things which have occurred in their lives within the last week. Group participation is great and the students are working on earning incentives when they attend group. The goal of the group is to provide support for one another as the peers face tough decisions regarding their choice to use alcohol or drugs. Another goal is for the peers to learn positive ways to interact in the community without the use of alcohol or other drugs. We look forward to working with the youth to provide them with encouragement and positive feedback as they continue to discover themselves as individuals.

Lisa Wolosek
Adolescent Counselor

Jodi Fossum
Adolescent Counselor

Elder Presentations

Presentations on the ALKALI LAKE RECOVERY STORY were held at the Senior Centers during the week of February 20-22, 2007

The Neopit Senior Center presentation was held on 2-20-07. The movie **"The Honor of All"** was shown while Maehnowesekiyah staff ate lunch with the Elders. There were about 14 seniors present. A question and answer session followed the movie.

The South Branch Community Center hosted on 02-21-07 with about 8 seniors present. The Elders were asked if they wanted to share some of their wisdom by responding to the question 'WHAT WOULD YOU SAY TO OUR YOUNG PEOPLE WHO ARE CONSIDERING USING DRUGS AND ALCOHOL?' Many responses were shared that will be presented in our Youth classes and in our Newsletters.

The Keshena Senior Center presentation was held on February 22 with 22 Elders attending. Many good comments about the presentation were received. THANKS ELDERS!

